



2 - Rim\$



8 - Basketball

CARAT Indonesia phase begins



*QM2 Jeremy R. Spaulding and PN2 Gerardo Arbulu, both search and rescue swimmers assigned to USS Harpers Ferry (LSD 49), retrieve a BQM - 74E aerial drone following an air defense exercise with U.S. and Indonesian naval forces during the Indonesia phase of exercise Cooperation Afloat Readiness and Training (CARAT). CARAT is a regularly scheduled series of bilateral military training exercises with several Southeast Asia nations designed to enhance interoperability of the respective sea services. For more on the CARAT exercise, see **CARAT**, Pg. 4. (U.S. Navy Photo by JO2 (SW) Brian P. Biller)*

Brief Notes

Command Connection

Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio. This is a live, phone - in show giving you the chance to direct your questions/ concerns to CFAS leadership!

USO Notes

Fleet Landing office closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. For more information, call the Nimitz Park USO at 252-3960.

NEX slautes CPO selectees

NEX is having a Special event for CPO selectees Aug. 10 - 11 from 6 - 9 p.m. Tents, food, giveaways, special personal assistance to all CPO selectees and their sponsors. NEX will close at 6 p.m., then open just for the chiefs!

Tobacco Cessation

Every Tuesday in September from 2 - 3:30 p.m. at Public Works (Bldg. 200), Training Room B. FMI contact Lt. Reese at 252-2551.

DUI Counter:
6 days as of Aug. 4

CNO: Family Readiness Tied to Combat Readiness

Chief of Naval Operations Public Affairs

As he did in his Navy Administrative Message released this past weekend, Chief of Naval Operations (CNO) Adm. Mike Mullen emphasized the importance of the Navy family when he and Mrs. Mullen addressed the Ombudsman Quality Management Board (OQMB) meeting at the Naval Academy July 25.

The OQMB serves to update policy and procedures for the Navy Family Ombudsman and Command Family Ombudsman Programs, which Mullen believes plays an integral part in a healthy Navy Family.

"I am convinced that family readiness is tied directly to combat readiness," said Mullen. "Our families serve as we serve, and the ombudsman program is critical to making sure we recognize that."

Approximately 35 people attended the OQMB meeting, including senior ombudsman coordinators and fleet and force command master chiefs.

Mullen praised the board members for their service as well, saying it was important for him, on his first full day in the office, to spend time with them.

"There are literally centuries of experience in this room, and I want you to know I'm going to take advantage of that," he said. "I need you to help teach me what issues out there are of concern to our families."

Clear and concise communication between Navy leadership and families is one of the reasons why then-

Chief of Naval Operations Adm. Elmo Zumwalt founded the ombudsman program in 1970. And, according to Mullen, that function is just as relevant - if not more so - today.

"It's an uncertain world we live in, a changing era," said Mullen. "Threats to our security are coming from places we aren't necessarily accustomed to. We just can't be a predictable force anymore. But I know unpredictability, like what we need in the Fleet Response Plan today, causes more uncertainty for our families. One of the best ways to reduce that uncertainty is by telling our people what we know just as soon as we know it."

Mullen said he believes the best ombudsman programs come from strong support by the command leadership team.

"Good leadership values it. That's where you see good [ombudsman] programs," he said.

Leadership was a central theme for Mullen, who took command of the Navy July 22 in a change of command ceremony at the Naval Academy. In a naval message posted over the weekend, Mullen called leadership one of his guiding principles and stated his belief that everyone in the Navy possesses the capacity to lead.

"So much of what we do depends on good leadership. That's what we get paid for. We get paid to lead," he said.

He wrapped up his remarks by taking questions from attendees but made it clear how vital families are to the Navy.

"I did not decide to stay in the Navy alone. My family had a role, and I know I'm not unique in that regard. I firmly believe we recruit a Sailor, but we retain a family," Mullen said.

For more information, contact your command ombudsman.



Chief of Naval Operations (CNO) Adm. Mike Mullen, answers questions after his address to the Ombudsman Quality Management Board at the Naval Academy. (U.S. Navy Photo by PHC Johnny Bivera)

Essex kicks Off SRA with giant command picnic

JO1(SW) James Evans Coyle
USS Essex (LHD 2) Public Affairs

USS Essex (LHD 2) Ship's Restricted Availability (SRA) period got underway with a huge command picnic for the crew, families and private contractors in Sasebo's Nimitz Park, July 22.

Essex's Commanding Officer, Capt. Martin J. Keaney, said the get together gave everyone a sense of team spirit, and it was also a chance for him to recognize many Essex Sailors.

"This event provides an excellent opportunity to acknowledge the families and the shipyard workers who are very important to the Iron Gators during this nine-week period," said Keaney. "Every

two years we get issued a period of time to refresh Essex and we're going to do that to the best of our ability. It's going to be a true 'team effort' and we will be refreshed and ready to go for all upcoming patrols and underway evolutions upon completion of SRA in the fall."

In addition to the air toys, dunk tanks and a full spread of picnic-style ribs, chicken and burgers, Essex's Morale Welfare and Recreation (MWR) gave away seven tickets to the Aug. 6 American Bowl in Tokyo between two NFL teams.

Keaney also took the opportunity to name the Sailors of the Quarter at the event.

The Senior Sailor of the Quarter was

awarded to Aircrew Survival Equipmentman First Class (AW/SW) Christopher Balderas. Boatswain's Mate Second Class (SW/AW) Kathleen Devey was named Junior Sailor of the Quarter while Seaman (SW) Ivy Tao was awarded Blue Jacket of the Quarter.

In accordance with the Command Advancement Program (CAP), Keaney meritoriously advanced several other "Iron Gator" Sailors at the fun-filled picnic.

Airman (AW/SW) Joshua Harris was advanced to Aviation Boatswain's Mate Third Class. Seaman (SW/AW) Karina Robles was advanced to Boatswain's Mate Third Class. Fireman (SW)

*Please see **Essex**, Pg. 4*

Voices from the Fleet: Are the rims worth it?

FLTCM(AW/SW) Jon R. Thompson
Atlantic Fleet Master Chief

In my 29 years of service I've seen many trends and fads come and go. Most of them have been relatively inexpensive. There is, however, a recent trend that seems to have caught on, but the new trend is anything but inexpensive. More and more I see cars sporting shiny chrome rims with high-priced, low profile tires. I have to ask, are those rims really worth it?

On average, custom chrome rims cost about \$3,500. The larger you go, the more they cost. If you upgrade to the ones that spin, commonly referred to as spinners, the cost can skyrocket. It's not uncommon to see rims and wheels that near the \$10,000 mark.

I'm no financial genius, but if my simple math is accurate, spending \$3,500 or more on rims just doesn't seem to make much financial sense.

If you were to invest \$3,500, and you earn just five percent interest, in four years you would have \$4,270. If you

invested the same amount for 15 years, you'd have almost \$7,400. If your are willing to pay \$8,000 for rims, and invested that amount for four years, at five percent interest, you'd have \$9,765. If you invested the same amount for 15 years, you'd have almost \$17,000.

For those of you who can actually afford high-priced rims and after market add-ons, I guess as long as you have the money there's nothing wrong with the upgrades and extravagant extras. My bigger concern is for those Sailors who find themselves lured into the, keeping up with the Jones' syndrome. When I see a Sailor driving a Cadillac Escalade with huge tires and spinners, I have to ask myself, how did he or she afford such a vehicle? And even if the Sailor is able to meet the monthly payments for all that, is there anything left in his or her paycheck?

For many of you, buying a new car is your first major investment. I'm told the average cost of a new vehicle today is around \$27,000. Of course, there are many more affordable cars, and used cars in good condition can be found at very reasonable prices. Even if you purchase an average-priced car or truck, add on new rims and wheels and you suddenly escalate the price to that of a low-end luxury car.

So I'll ask again, are rims really worth it? I realize that many of you see your vehicle as an expression of who you are. You personalize it so others will get a

glimpse of your personality. Unfortunately, the price you pay for that appearance might be too costly, and could hardly be considered an investment.

Perhaps a more practical question - Is the ride better? When I see a large SUV with low-profile tires, I have to wonder how rigid that must feel going over bumps. Call

me old school, but I always thought the idea was to make the ride as comfortable as possible!

With few exceptions, vehicles almost always depreciate. If you don't have a garage, your vehicle may depreciate even faster because of the elements. Investing a large amount of money into rims and tires, I would think, could be a losing financial venture. I'm not convinced that,

when you sell or trade in the vehicle, you can break even.

I guess my advice to anyone contemplating buying new rims and wheels would be to look into your future and try to answer the, 'are they really worth it' question. What are the pros and cons of such a purchase? What other things might you do with that money? Are you going to have to take a large loan? Are you purchasing the after-market extras on credit? What is the interest rate on your credit card? If you purchase something on sale, but get charged a high annual percentage rate on your credit card, any potential savings is eroded by high interest payments.



FLTCM(AW/SW) Jon R. Thompson
Atlantic Fleet Master Chief/

ACU1 completes mainspace fire drill

JOSN Adam Cole
CTF 76 Public Affairs

Members of Sasebo's Assault Craft Unit One detachment WESTPAC (ACU1 DET WESTPAC), completed a main space fire drill July 26, as part of the unit's preparations for a Team Training Availability (TTA) period.

The detachment usually conducts drills three times a week, often reserving Tuesday and Thursday for underway exercises. ACU1 DETWEST PAC's Officer-in-Charge, Chief Operations Specialist (SW/AW) Daniel W. Spencer wants to ensure that his unit will excel when called upon.

"We want our unit to be highly capable for any type of mission," said Spencer. "We are doing a wide range of drills in order for us to be proficient for every type of scenario that may come up at sea."

ACU1 operates Landing Craft Utility (LCU) vessels; three are in service, one is undergoing routine maintenance. LCU's are one of the prime transport vehicles in amphibious operations as they serve to transport equipment and troops to the shore. While slower than the Landing Craft Air Cushion, the LCU is able to

carry almost double the load, and is capable of staying out at sea for as long as a week. LCU's are capable of carrying 143 tons of equipment or 350 Marines.

These drills are part of a routine training cycle that will make ACU-1 a mission-ready unit when they embark Task Force 76's amphibious assault ships during at-sea operations.

The fire drill was performed aboard LCU 1634 using LCU 1631, 1634 and 1651 crewmembers to create stronger team unity within the entire detachment.



Engineman Third Class Richard J. Bath drops down a stretcher during a main (U.S. Navy Photo by JOSN Adam R. Cole)

Rims and wheels are popular today. How long they stay the fad is tough to say. At some point, I'm guessing they will lose their appeal and those who own them will have an even greater difficulty getting their money back on trade or sale. If you really, really must have those rims, look in the newspaper or online. There are lots of folks who are trying to sell theirs, most at very low prices.

I realize when you're young it's difficult to look too far into the future. Many of you don't think too much about what future investments you will encounter. While it's not my attempt to try and tell any Sailor how to spend their money, I do think it's necessary to at least provide you some questions to ask yourself before you make a major purchase.

For starters, do you plan to purchase a house in the near future? Spending too much for a vehicle or rims can potentially slow that process. Do you have a nest egg for future emergencies? If not, I would recommend setting some money aside for that purpose first. If you are married and have, or are contemplating having children, are you saving for their education? I would argue that is much more important than having fancy rims and a very expensive vehicle.

Finally, keep in mind that peer pressure is sometimes difficult to resist. If your friends are pressuring you to purchase a fancy ride, you might want to keep in mind it's not them that has to pay for it. You get the bill. If you choose not to purchase the rims, ten years from now I doubt you'll regret the decision. However, if you do choose to purchase them, and spend more than you make, you may indeed regret that decision for many years. Think about it real hard...are the rims really worth it?

During the main space fire drill, ACU 1 personnel were required to secure main spaces, create a water source using P-100 pumps and properly put out the fire. As an added training element personnel casualties were included in the drill for fire team members to provide medical assistance.

"I was happy with the drill," said Chief Engineman (SW/AW) Bayani G. Salenga, the unit's chief engineer and drill leader. "People are understanding the procedures better and working together better. Doing these drills is really important for some of the new guys."

Seaman John A. Luckert, one of the newer ACU 1 crewmen and a number two hoseman, was happy to be getting the practice.

"The more I do it, the more I react calmly and confidently to the circumstances," said Luckert.

For longtime Sailors, the drills remain something they approach seriously.

"I do have a lot of experience with this," said Culinary Specialist Second Class (SW) Jason T. Reed, an 11-year Navy veteran. "It allows me to sort of take control of the situation and help these younger guys figure it all out."

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The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to **soundings@cfas.navy.mil**. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

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Task Force 76 Sailors anchor Mount Fuji climb

JOSN Adam R. Cole
Task Force 76 Public Affairs

Task Force 76 Sailors exchanged Japanese greetings for morning, afternoon and evening with Japanese hikers during a trek up and down Japan’s tallest peak, Mount Fuji, July 23 that took nearly 16 hours to complete.

The adventurous hikers consisted of Sailors from USS Fort McHenry (LSD 43), including two Midshipman embarked on the ship for summer surface training, USS Essex (LHD 2), a Task Force 76 Marine Corps officer, a spouse from USS Juneau (LPD 10) and a handful of civilian summer interns. Four stalwart guides led the 18-person Sasebo group.

Sasebo’s outdoor enthusiasts began the trek up Fuji at 7:30 a.m., all smiles, at the starting and ending point known as the fifth station. The Sailors and civilians returned to the fifth station—after going up and back down—close to midnight with flashlights in hand and legs hobbling.

Although weary and ready to return home after the grueling ascent and descent, members of the group could not contain their excitement.

“We did it!” exclaimed Seaman Charles A. Neal of Fort McHenry, as he charged onto the bus. “That wasn’t that hard.”

The hike’s peak moment was

experienced prior to the descent, just before the sun faded, when the group reached the summit. After an endless path of switchbacks, the travel-worn group pushed through a *torii* gate, the Japanese symbol for holy ground, flanked by *Komainu* or *Shishi*, lion statues, which are placed to stand guard at such spiritual places. The entrance was the mark that the end of the journey had finally come.

Legend has it that the summit of the mountain has been home to a fire god, a Shinto goddess of flowing trees. It is also home to a Buddhist god of wisdom. Japanese culture associate the peak to heaven, because of how far it reaches into the sky.

The Sasebo team may not have realized the same spiritual purity as some Japanese do, but they did find closure. Total time to get to the summit: 12 hours.

“Being from Florida, I’m not used to mountains and hills, so climbing that high was really cool,” said Midshipman First Class Lisa M. Schrodt, a Reserve Officer Training Corps (ROTC) student from the University of Florida and who is training aboard Fort McHenry. “I loved looking out over the side and being above the clouds.”

Fuji is Japan’s highest mountain at 12,389 feet. Because of its height, the

mountain is a definitive symbol to the Japanese people. In a country where everything is a modest size—food portions, cars, and roads—the mountain is revered for its gigantic proportions.



Hospital Corpsman First Class Catherine R. Funderburg, leads the charge to the top of Mount Fuji. Funderburg was joined by 17 people from Sasebo, the majority of which were part of Task Force 76, who summited the 3,776-meters, 12,389 - foot peak July 23. (U.S. Navy Photo by JOSN Adam R. Cole)

barren earth is the remnants of molten lava. The haze of clouds took over the view. The ascent became slightly tricky, with some maneuvering through boulder patches.

Hospital Corpsman First Class Catherine R. Funderburg, of Fort McHenry, and Hospital Corpsman second_ Class Guy Duke, of Branch Health Clinic Sasebo, fought hard through the challenges of altitude and endurance during the climb.

Despite being winded, both chose to press on, aided by the entire group with helping hands and positive words.

“I think it meant a lot more to be able to help someone reach the top,” said Midshipman 1st Class Karen J. Lu, a ROTC student from the University of California, Davis.

Each resting point, which leads to another brand on the walking stick, becomes the push to keep going for the hikers. The group steadily moved from checkpoint to checkpoint as one linked chain, slowly but surely filling their wooden poles up with etched markings.

Another motivating symbol and a true sign of progress are elevation signs positioned at each hut rest area. Sometime in the mid-afternoon, the group had climbed to the eighth station about 11,319 feet.

Altitude sickness and a general fatigue started to overcome the group at that point, but they remained determined. The elevation brought on colder temperatures and a swirl of clouds. Still, the hikers pressed on.

The ninth station is perhaps the hardest uphill battle of any part of the mountain, and is marked by a constant haze. Just as the hikers feel they have reached an end point, they looked up to see that there is more mountain to climb.

“It was a battle all the way through,” said Duke. “I hated looking up, but I loved looking down, seeing how far we had actually come. I owe a lot to the positive words of the guides in getting me moving forward.”

The first of two torii gates appeared at the eleventh hour and the group gave out a cheer, though a quiet one, as many guessed that the end was most likely still off. The group had learned not to get too hopeful; this mountain had given them false promises of an endpoint several times previously.

Two more switchback climbs after that initial torii gate, a second gate appears, this one guarded by the Shishi.

“I had no doubts I’d make it,” said Funderburg, who has climbed Fuji twice before, once in 1993 and again in 2004. “It just takes perseverance. One step at a time.”

To mark the summit victory, the group sat down on benches, slurping up instant noodles with chopsticks that had been purchased earlier in the trip. The smiles finally returned to the group that had been present at the beginning of the climb. On Mount Fuji, they came, they climbed and they ate instant noodles.

CFAS congratulates CPO selectees

- CFAS**
OSC (SEL) Gary Hermosura
MAC (SEL) Michael A. Estok
- SRF**
ICC (SEL) Gabriel Singletary
- BMU -1**
BMC (SEL) Sullivan
- USS Essex (LHD 2)**
HMC (SEL) Jose Esquin
HTC (SEL) Todd Kinter
OSC (SEL) Robert Bassett
YNC (SEL) Jason Meek
ACC (SEL) Christopher Williams
FCC (SEL) Morris Spaulding
AOC (SEL) Joshua Allen
EMC (SEL) Severino Nocon
CSC (SEL) Ceasar Nucum
MMC (SEL) Jason Griffith
ASC (SEL) Noel Abad
FCC (SEL) Jacques Westhoff
- USS Fort McHenry (LSD 43)**
ENC (SEL) Andres Luna
- USS Safeguard (ARS 50)**
QMC (SEL) Henry Harris
PNC (SEL) Eric Pelayo
- USS Patriot (MCM 7)**
MNC (SEL) Maurice Perine
MNC (SEL) Matthew Hatlevig

- USS Juneau (LPD 10)**
BMC (SEL) Kawika ahihikolo
BMC (SEL) Gary Bruder
ABFC (SEL) Ryan Hirahara
ABHC (SEL) Michael Foster
MMMC (SEL) Lawrence Readous
- USS Harpers Ferry (LSD 49)**
NCC (SEL) Harold Gibbs III
ENC (SEL) Ronnie Jones
BMC (SEL) Eric Kennedy
YNC (SEL) Arthur King II
CTTC (SEL) Cornelius Mitchell
ENC (SEL) Michael Wagner
ENC (SEL) Timothy Wilson
- USS Guardian (MCM 5)**
MNC (SEL) Travis Meyer
- ACU - 5**
OSC (SEL) James Cameron
OSC (SEL) Christopher Wyatt
QMC (SEL) Joseph Owens
GSEC (SEL) Roland Magar
ENC (SEL) Alfonso Randolph
- FST 7**
HMC (SEL) Richard Barcelona
HMC (SEL) Jeffery Hall
- CPG 1**
ITC (SEL) John Davenport
RPC (SEL) Lisa Wimbush
CTRC (SEL) Denver Doyle

In ancient days, those who intended to climb toward heaven had to prepare with ritual purification ceremonies for at least seven days.

Morale Welfare and Recreation’s (MWR) Outdoor Recreation (OREC) program in Sasebo schedules the Mount Fuji trip three to four times a year. The group’s pre-hike preparations consisted of a 15-hour bus ride from Fleet Activities Sasebo.

After purchasing traditional Fuji walking sticks—professionally carved wooden walking sticks with a Japanese flag and two bells attached—the Sasebo crew was ready to launch from the fifth station, about 6,560 feet above sea level.

There are nine total stations on the way up to the top of the mountain. Most people start at the fifth station because it is the only paved access to the trailhead. Along the way, there are Japanese stations, where hikers can eat and drink and get their sticks specially branded with an insignia from that particular station.

From the first step of the Fuji trek, the undaunted Sasebo climbers enthusiastically faced an uphill battle that would take the entire day to push through.

The first 1,640 feet mainly consists of a smooth switchback trail all the way up to the sixth station. Vegetation is abundant, reflecting the lush green that marks the entire country.

“Its special because it is the highest mountain in Japan,” said Kyoko Okuma, MWR’s Travels and Tours representative, who provided essential translations on the trip. “If you make it to the top, you gain confidence. It is spiritual because it is pure.”

Further up and the morning burned, the green faded away and the landscape transformed to rocks, where much of the

CARAT Indonesia phase underway in Surabaya

Lt. Chuck Bell
Logistics Group Western Pacific Public Affairs

The Indonesia phase of the 2005 edition of the Cooperation Afloat Readiness and Training (CARAT) exercise series got off to a formal start July 26 with a ceremony at the Indonesian naval base.

Sailors and officers from the staff of Destroyer Squadron 1 and the frigate USS Rodney M. Davis (FFG 60), which arrived in Surabaya July 25, attended the ceremony in a reception hall filled to capacity with nearly 100 Indonesian sailors and officers.

Approximately 800 U.S. Navy personnel and a three-ship task group are taking part in this phase of CARAT, along with several U.S. Coast Guardsmen and a U.S. Army veterinarian.

During the ceremony, several individual Indonesian officers marched dramatically through the hall and to the stage to make reports to the senior Indonesian navy representative present, Rear Adm. Waldi Murad, commander of his navy's training command.

In addition to Rodney M. Davis, the dock landing ship USS Harpers Ferry (LSD 49) and rescue and salvage ship USS Safeguard (ARS 50) are participating in CARAT, under the leadership of Destroyer Squadron 1's commander, Capt. Buzz Little, who is serving as the CARAT task group commander throughout the six-nation exercise series.

Four Indonesian navy ships are scheduled to take part.

In Indonesia, Little's forces will conduct a variety of exercise events with the Indonesian navy, including visit, board, search and seizure drills and maritime surveillance drills utilizing a P-3C Orion aircraft.

"We are all aware of the many maritime threats that exist in this region and around the world," said Rear Adm. Kevin Quinn, commander of Logistics Group Western Pacific and the U.S. Navy's executive agent for CARAT in his role as Commander, Task Force 712, during his remarks at the ceremony.

These threats range from piracy and armed robbery against ships, to maritime terrorism.

"CARAT gives us an ideal opportunity to further develop skills that are applicable to combating these maritime threats," Quinn said.

And while a focus of CARAT Indonesia is the

development of maritime security capabilities, the two navies will also conduct a number of standard surface warfare drills in areas such as communications and maneuvering that Quinn described as classic naval exercise events that are critical when ships of any nation operate together at sea.

"There are any number of scenarios whereby elements of our navies might be required to communicate or work together at sea, and the more we

increase understanding between the two navies.

A dental team from Quinn's staff in Singapore will also provide routine care to local residents during the exercise.

"This is a key way in which we are able to expand our interaction with Indonesian men and women, outside of military circles," said Quinn. The team will work alongside Indonesian medical and dental professionals for three days, while a U.S. Army veterinarian from the

Yokosuka Branch of the Japan District Veterinary Command provides services nearby.

In addition, as part of CARAT outreach efforts, Indonesian marines have spent the past week making infrastructure improvements to a local school and a nearby community center, as well as paving a stretch of road, all with U.S. provided funding.

"These types of initiatives allow us to show our appreciation to the Indonesian people for having us here as guests in Surabaya," said Quinn, who also spoke of the U.S. Navy's humanitarian assistance and disaster relief efforts in Sumatra and Nias Island earlier this year, two efforts in which the Indonesian navy played a role, as well. "These are examples of situations in which naval forces can make a significant contribution to bettering the lives of civilians in need," he said.

"This exercise has been conducted many times," Murad said. "CARAT 05 should be better than previous exercises."

This is the ninth edition of CARAT Indonesia, dating back to 1995. Exercises

in 2003 and 2004 were postponed at the request of the Indonesian navy.

Indonesia is the fourth phase of the CARAT 2005 exercise series. Previous exercises this year have taken place in Singapore, Thailand and Malaysia. Phases with Brunei and the Philippines will close out the series.

Little's staff is based in San Diego. Harpers Ferry and Safeguard are forward-deployed to Sasebo. Rodney M. Davis is homeported in Everett, Wash., and has an embarked SH-60B Seahawk helicopter from Helicopter Anti-submarine Squadron (Light) (HSL) 45, based at Naval Air Station North Island, Calif. The P-3C is crewed by personnel from Patrol Squadron (VP) 40, based at Whidbey Island, Wash.



Indonesian marines stand a vigilant watch on the pier in Surabaya, Indonesia following the guided missile frigate USS Rodney M. Davis's (FFG 60) arrival for the Indonesian phase of exercise Cooperation Afloat Readiness and Training (CARAT). Rodney M. Davis is participating in the Cooperation Afloat Readiness and Training (CARAT) exercise. CARAT is a regularly scheduled series of bilateral military training exercises with several Southeast Asia nations designed to enhance interoperability of the respective sea services. (U.S. Navy Photo by Lt. Chuck Bell)

rehearse the standard procedures during exercises such as CARAT, the more proficient we'll be," Quinn said. "This leads to efficiency and minimizes the potential for misunderstandings."

Murad agreed. "All the exercise activities are based on [building] understanding and cooperation between the participants," he said during his remarks.

Such events include the scheduled embarkation of approximately 30 Indonesian marines aboard Harpers Ferry by a landing craft, air cushion (LCAC), where they will spend a day familiarizing themselves with cargo handling techniques and other facets of amphibious operations.

Ashore, a series of discussions on topics such as maritime law are designed to further

Essex, from Pg. 1

Fernandez Gonzales was advanced to Machinist's Mate Third Class. Airman (AW/SW) Winston Providence was advanced to Aviation Support Equipment Technician Third Class and Aviation Boatswain's Mate Third Class (AW) Santana Vasquez was advanced to Aviation Boatswain's Mate Second Class.

In addition to her Junior Sailor of the Quarter, Devey was advanced to Boatswain's Mate Second Class, and Culinary Specialist Second Class (SW/AW) Gerardo Reyes was advanced to Culinary Specialist First Class.

After being advanced, Robles reflected back on her time in Deck Department with a strong sensation of

pride and satisfaction.

"We sometimes work long hours in Deck, but it is not too bad because we all get a lot done and we all get along pretty good," said Robles. "I feel that I've worked hard in many different areas of the ship in both Second and Third Division. I achieved both my Surface and Aviation Warfare pins as an E-3. I'm ready for the next level. To make Petty Officer with the Captain advancing me was a beautiful moment and I'll always remember this day."

USS Essex (LHD 2) is the Navy's only forward deployed amphibious assault ship and operates out of Sasebo as the flagship of the Forward Deployed Amphibious Ready Group.



USS Essex' First Class Association man the grills during a picnic sponsored by the ship's MWR. (U.S. Navy Photo by PH3 Jhoan M. Montolio)

Ever want to check out one of the sleek powerboats at OREC and head out for a spin on the water? You can do it, but first you'll need to complete the Powerboat Safety Class offered at OREC several times each year. You're in luck, because there are classes scheduled for Monday, August 8, 15, 22 and 29. For more information, call 252-3500.

If you ever wanted to sail away into the sunset but lacked the skill and confidence to haul anchor and hoist the sails, now is your chance to go for it. The Sailing & Outdoor Adventure Center is offering two more basic sailing classes in August so you can enjoy this great outdoor sport safely and with confidence. The six-hour classes are scheduled for Sunday, Aug. 7 and Friday, Aug. 19. Class times are from 10 a.m. until 4 p.m. Cost is \$35 per person. For more information, call 252-3500.

The Sailing & Outdoor Adventure Center has two more Mt. Fuji trips planned for this year, so you'd better hurry and make reservations now before they sell out. This is a once in a lifetime opportunity to conquer the highest mountain in Japan. The weekend trips cost \$99 per person. The trips depart on Friday at 3 p.m. and return on Sunday at 2 p.m. The last two scheduled Friday departure dates for 2005 are Aug. 12 and Aug. 26. Sign up early to guarantee a seat on the bus. For more information call 252-3500.

The Armed Forces Entertainment Program and your Sasebo MWR Department presents country star Chris Gray at the Harbor View Club on Saturday, Aug. 13. The free show is scheduled to begin at 7 p.m. Gray performs everything from George Strait to Wilson

The next 3-6-9 Bowling Tournament is scheduled for Saturday, Aug. 13 at the Spare Time Recreation Center. Cost is \$15 per bowler. You must be 18 years or older to participate. The 3-game tournament will get underway at 6:30 p.m. Every 3rd, 6th and 9th frame will be automatically scored as a strike. Highest total pinfall determines the winner. After each 1st and 2nd game, one name will be drawn. If this person can roll three consecutive strikes starting from lane number one and moving to lanes two and three, they will win \$25. At the end of the 3rd game, three names may be drawn to win up to \$150. The first person drawn has a chance to win the whole \$150 by rolling four consecutive strikes. If this person does not win, then a second name will be drawn for a chance to win \$100 by rolling three strikes. If this person does not win, then a third and final name will be drawn for a chance to win \$50 by rolling three strikes. For more information, call 252-3634.

On Tuesday, Aug. 16, comedians Jeff Justice and Rich Brown will perform at the Harbor View Club. Admission is free. Justice is a Certified Speaking Professional (CSP) as recognized by the National Speaker's Association. Less than 400 speakers in the known universe have achieved this earned recognition. His innovative programs on appropriate humor in the workplace have been featured on CNN and CNBC. From employee meetings to annual conventions, companies and associations turn to Jeff to engage their participants and energize their organizations. Today, Fortune 500 companies across the country call on Jeff's caring brand of "applied humor" to maximize their human resource: engaging their employees, improving performance, and developing leaders. Justice has spent the last decade applying his unique brand of work-appropriate humor as a professional speaker, humor-skills teacher and humor coach to positively impact human interaction in the workplace. For more information, call 252-3965.

Schedule for August 5 - 14

SHOWBOAT

Telephone: 252-3822

FRIDAY, AUGUST 5

6:30 p.m. (PG) • * The Adventures of Sharkboy and Lavagirl

9:30 p.m. (PG-13) • * The Honeymooners

*Premiere

SATURDAY, AUGUST 6

6:30 p.m. (PG) • The Adventures of Sharkboy and Lavagirl

9:30 p.m. (PG-13) • The Honeymooners

SUNDAY, AUGUST 7

6:30 p.m. (PG-13) • Mr. & Mrs. Smith

9:30 p.m. (PG-13) • The Honeymooners

MONDAY, AUGUST 8

6:30 p.m. (PG) • Charlie and the Chocolate Factory

TUESDAY, AUGUST 9

6:30 p.m. (PG-13) • The Honeymooners

WEDNESDAY, AUGUST 10

6:30 p.m. (PG) • Sisterhood of the Traveling Pants

THURSDAY, AUGUST 11

6:30 p.m. (PG) • **FIRST 100 FREE ADMISSION**

• The Adventures of Sharkboy and Lavagirl

FRIDAY, AUGUST 12

6:30 p.m. (PG-13) • * Stealth

9:30 p.m. (PG-13) • The Longest Yard

*Premiere

SATURDAY, AUGUST 13

6:30 p.m. (PG) • Madagascar

9:30 p.m. (PG-13) • Stealth

SUNDAY, AUGUST 14

6:30 p.m. (PG-13) • Stealth

9:30 p.m. (PG-13) • Lords of Dogtown



THE ADVENTURES OF SHARKBOY AND LAVAGIRL (PG)

Starring: Taylor Lautner, Taylor Dooley, Cayden Boyd, George Lopez and David Arquette

10-year-old Max is an outcast little boy who has become lost in his own fantasy world in an attempt to escape the everyday worries of dealing with parents, school bullies and no-fun summer vacations. But when Max realizes the characters and adventures in his imagination might be more real than anyone else might believe his whole world changes. Now, Max is blasting off on a mission to Planet Drool where his superhero friends Sharkboy and Lavagirl live, and where the evil Mr. Electric threatens to do away with all dreams forever.

CHARLIE AND THE CHOCOLATE FACTORY (PG)

Starring: Johnny Depp, Freddie Highmore, David Kelly, Helena Bonham Carter and Genevieve Roy

Charlie Bucket, a boy from an impoverished family under the shadow of a giant chocolate factory, wins a candy bar contest and is given a tour, along with four other children, of the amazing factory of fun by the eccentric Willy Wonka and his staff of Compo-Loompas.

STEALTH (PG-13)

Starring: Josh Lucas, Jessica Biel, Jamie Foxx, Joe Morton and Richard Roxburgh

Deeply ensconced in a top-secret military program, three pilots struggle to bring an artificial intelligence program under control ... before it initiates the next world war.

SISTERHOOD OF THE TRAVELING PANTS (PG)

Starring: Amber Rose Tamberlin, Alexis Bledet, Blake Lively, America Ferrera and Bradley Whitford

On a shopping trip, four young women find a pair of thrift-shop jeans that fits each of them perfectly. They decide to use these pants as a way of keeping in touch over the months ahead, each one wearing the jeans for a week to see what luck they bring her before sending them on to the next. Though miles apart, the four friends still experience life, love and loss together in a summer they'll never forget.

HARIO VILLAGE

Telephone: 252-8753

FRIDAY, AUGUST 5

2 p.m. (PG) • Kicking and Screaming

6:30 p.m. (PG) • Sisterhood of the Traveling Pants

9:30 p.m. (PG-13) • Lords of Dogtown

SATURDAY, AUGUST 6

6:30 p.m. (PG) • KIDSDAY SPECIAL SHOWING

• Charlie and the Chocolate Factory

9:30 p.m. (PG-13) • Lords of Dogtown

SUNDAY, AUGUST 7

2 p.m. (PG) • Charlie and the Chocolate Factory

6:30 p.m. (PG-13) • Lords of Dogtown

THURSDAY, AUGUST 11

6:30 p.m. (PG-13) • Mr. & Mrs. Smith

FRIDAY, AUGUST 12

2 p.m. (PG) • The Adventures of Sharkboy and Lavagirl

6:30 p.m. (PG-13) • The Honeymooners

9:30 p.m. (PG-13) • Mr. & Mrs. Smith

SATURDAY, AUGUST 13

2 p.m. (PG-13) • Fantastic Four

6:30 p.m. (PG) • The Adventures of Sharkboy and Lavagirl

9 p.m. (PG-13) • The Honeymooners

SUNDAY, AUGUST 14

2 p.m. (PG) • The Adventures of Sharkboy and Lavagirl

6:30 p.m. (PG-13) • Cinderella Man

FEATURED PREMIERE

The Honeymooners

(PG-13)

Two best friends, bus driver Ralph and sewer worker Ed, hatch a get rich quick scheme to get them out of Brooklyn and onto easy street. Standing by their husbands are devoted wives Alice and Trixie, who help their guys make ends meet by waitressing at a neighborhood diner.



Starring: Cedric the Entertainer, Mike Epps, Regina Hall, Gabrielle Union & Eric Stoltz

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6. Any card marked "expired" will not be placed again to be accepted.
7. This card has no expiration date.
8. No discounts, trailers, extras, add-ons or shows are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

Sasebo clinic provides for pets...



U.S. Army Spc. Nick Kersting (left) restrains Tutankhamen, a nervous kitten, while Army Capt. Kevin Hinton checks his heart rate during a routine check up. Hinton splits his time between his primary duty station at Marine Corps Air Station Iwakuni and Fleet Activities Sasebo (CFAS), traveling back and forth every other week to ensure that both bases have proper veterinary care available to service members. The Sasebo clinic is capable of providing pets with examinations as well as surgeries. (U.S. Navy photograph by Photographer's Mate Airman Stephanie Lynne Johnson).

Command ball cap ceremony part of Patriot tradition

JOSN Adam R. Cole
Task Force 76 Public Affairs

USS Patriot (MCM 7) welcomed aboard its newest crew member with a command ball cap ceremony July 28 in the ship's mess deck.

Electrician's Mate Fireman (SW/AW) Greg Megan, formerly stationed on USS John F. Kennedy (CVN 67), officially became a part of the Patriot family in front of 80 of his new shipmates.

"I guess it made it official," said Megan of the ceremony. "It was nice to get such

Senior Chief Mineman (SW/SS) Kurt M. Stauff, Patriot's senior enlisted advisor. "In boot camp, you say, 'Now I'm a Sailor.' Here you say, 'Now I'm a Patriot.'"

Patriot's cap ceremony is conducted in an official manner, led by Stauff. He calls out cover and uncover commands. After the new Sailor uncovers, a Patriot command ball cap is placed in his hand followed by the command to cover. When the ceremony is finished, the ship company recites together the Sailor's Creed.

"I think the Sailor's Creed at the end helps unify everyone and further produces that sense of pride," said Stauff. "Everyone from the captain on down to a seaman recruit recites it together."

There have been eight such ceremonies so far this year.

Patriot Sailors feel a certain pride in the command ball cap. The cap was redesigned early this year to have a Patriot, taken from the NFL team's old logo, hiking a mine.

"I think this ceremony really signifies to a person that they are now part of ship's company," said Lt. Cmdr.



Damage Controlman Fireman (SW/AW) Greg Megan from Houston receives a command ball cap from USS Patriot (MCM 7) as the ship officially welcomes him aboard. (U.S. Navy Photo by James Kimber)

a welcoming."

The hat ceremony was started by Patriot in February and is patterned after the ball cap ceremony done in boot camp, where Sailors exchange their 'Recruit' caps for 'Navy' caps.

"We want to create that same feeling of accomplishment and pride that one gets when they are in boot camp," said

Scott A. Carpenter, Patriot's executive officer. "On a small ship like this where everyone has several jobs and everyone is dependent on each other, that connection is important."

Megan feels his experience as a Patriot thus far has been extremely positive.

"Everyone here is really friendly," he said. "Like one big family."

Safety Corner: Driving while drowsy: Asleep at the wheel can be deadly

Charles Carr
CFAS Safety Department

Driving drowsy and driving drunk. is there a difference? Not much, says a national sleep expert.

In fact, a recent study found that between 200,000 and 400,000 collisions involving drowsy drivers occur each year, claiming as many as 6,500 lives.

As Americans participate in summer time activities in which they tend to drink too much and stay up too late, it is important to know the following: Drowsy drivers are falling asleep at the wheel (second only to drunk drivers). A drowsy driver and a drunk driver are similar because of their reduced reaction time, inability to focus and pay attention to driving the car.

If you become aware that you are nodding off, then you are past the time you should have stopped. That's a danger zone. Don't continue driving because you will fall asleep.

Get out of the car and walk around. Rolling the windows down or drinking coffee to stay awake just doesn't cut it.

Sleep loss accumulates from night to night. Sleep shortages only continue to build. If a person gets six hours of rest but needs eight, within five nights, he has a ten-hour sleep debt. Most people notice a sleep shortage between ten and 20 hours. The result often leads to colds, other viruses, reduced cognitive abilities, and plain old crankiness.

Accidents involving drowsy drivers can be avoided if people made sleep a priority. Just as people are conscious of their diets and getting to the health club, make sure you are sleeping enough hours. Sleep shortage can be due to America's 24-hour-a-day culture.

Things don't shut down. People stay up longer for entertainment and get up earlier. Its so we can get things done, but the irony is we are less productive because we are tired. Scientists have found that the natural rhythm of humans put them in a lull between 2 a.m. and 4 a.m. and 2 p.m. to 4 p.m. Those are the crucial hours when a person is likely to fall asleep or have an auto accident because blood pressure and temperature is lowered.

CFAS names VOM for June



Commander, Fleet Activities Sasebo (CFAS) Capt. Tilghman D. Payne (left) congratulates Mr. Masahiro Yano for earning Volunteer of the Month (VOM) for the month of June. Mr. Yano was recognized for his longstanding participation in the "Know Your Cho" program, assisting numerous military and DoD families by welcoming them to Japan, teaching them customs and traditions highlighting local places of interest and providing tours of their new neighborhoods. (U.S. Navy Photo by JOSN Jeff Johnstone)

— 7 — *Sasebo* SOUNDINGS —

CLASSIFIEDS

VEHICLES

(Exp. Aug. 20) **1995 Nissan Prairie Joy**. JCI- Sep. 2006. CD player, snow chain included, greata family car. \$2,500 (OBO). Work phone is 252-3700 or call Danny and Eriko at 252-8177.

(Exp. Aug. 20) **1997 Nissan Wingroad Station Wagon**. JCI - Aug. '06. Automatic, A/C, power everything, AM/FM/CD/ Cassette stereo plus 12 - CD disc changer. Runs great. \$3,000. Call 090-4342-6978.

(Exp. Aug. 6) **1993 Honda Prelude**. JCI - Jan. '06. 2-Door, auto, A/C, AM-FM, cd player, all power. \$1500 (OBO). FMI, call 252-8583 or 09062925309 or 09019248525.

(Exp. Aug. 6) **1995 Toyota Lucida Van**. JCI - April - '06. Automatic, a/c, AM-FM, cd player, all power. \$3000 (OBO). FMI, call 252-8583 or 09062925309 or 0901924 8525.

(Exp. Aug. 6) **1991 Nissan Gloria GT Turbo**. JCI - May '07. Very clean, power everything, car computer w/ GPS and T.V., climate control a/c. \$3500 (OBO). Call Dave at 252-2193 or 08056088824

(Exp. Aug. 6) **1996 Ford Telstar II**. JCI - July '07. Great family car, all power, loaded, great a/c. Outstanding condition, always maintained. \$2,800 (OBO) Call Mike at 252-3701 Day or 252-8128 Evenings

(Exp. Aug. 6) **1991 Toyota Lite Ace Van**. JCI - June '07. Great family vehicle, good condition. \$2,200 (OBO) Call 252-3760 (day) or 252-8571 (evenings).

MISCELLANEOUS

(Exp. Aug. 20) Kenwood 5 disc CD player DPF-R6010 with remote. Can be used without a reciever. \$75 (OBO). Eddie Bauer Port-a-crib with bassinet and changing ares included. Great condition. \$35 (OBO). Portable TV table-style desk with matching chair. Bought at Home Wide. \$15 (OBO). Girls Clothing sizes 0-24mo. All seasons...Must Gol Call for great quality, cheap clothing. Come see and make me an offer. Call at 252-8640.

(Exp. Aug. 20) Phone rights for sale, \$275. Call 090-4342-6978.

(Exp. Aug. 13) Cannon 35mm AE-1 Programmer camera, two 50 mm lens, one auto/manual flash, filters, hath travel case and soft camera case and strap. Asking \$50. Call David at 252-3152 or 080-5281-0944.

(Exp. Aug. 6) One year old white microwave oven for sale \$40 and white microwave cart with butcher block top \$15. Both are in great condition. If interested, call 252-8336

(Exp. Aug. 6) 2 Winged back chairs and matching couch, off white & light green with dark wood legs for \$250 OBO. Also Dinning Room table and matching hutch, dark green/ dark brown for \$150 OBO. Please call 252-8663 if interested.

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

Parlez-vous Francais? Well I do! If you want to practice your French or learn French, private or group lessons ok. Call 252-8623, or 090-1763-2523.

Experienced in teaching English to children and adults. Private and group lessons available. Call 252-8623.

Part-time daycare services needed for active duty single parent of 6 yr. old boy. Reliable person needed for 24 hour duties and occasional TAD's. Will discuss payment. Please contact Brenda Gonzales at 09017670359 or 252-2587

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555.

Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime at 080 5201 7164 or ext. 7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

English teacher, holding Bachelor's degree in Communications is offering classes now. Experienced in preparing college students for TOEIC examinations. Also inviting Japanese toddlers to join playgroups on Sundays. Call 252-8555 for more information.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

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Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 1 p.m. Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

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Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

The Pampered Chef celebrates Fathers Day! Get 60 percent off ENTIRE barbeque tool set when you host a June Kitchen/Catalog show. A great Father's Day gift! Receive a 10 percent discount card for one year and free products! Call Pampered Chef consultant Florence Franks anytime at 080-5201-7164 or 252-7302, or reach me by e-mail at <geneflo3@hotmail.com>.



WHAT: The Interactive Customer Evaluation (ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

WHO: Anyone with a suggestion or a comment on the service they received.

HOW: Access the ICE website at www.cfis.navy.mil and click on the ICE icon.

WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime

For more information, please contact CMDR. H.E.Ranard, CFAS Command Chaplain at 252-3380.

If you would like to place an ad in **Soundings**, e-mail us at <soundings@cfas.navy.mil>, or call 252-3485/3409.

WHAT'S HAPPENING?

Travel & Tours/USO Lounge Make a Move

The MWR Travel & Tours Office and the Main Base USO Lounge have moved to temporary quarters near the NEX Barber/Beauty Shop complex. The Travel & Tours Office and USO Lounge will remain at the new location throughout the summer months while renovation work is underway at the Fleet Landing site. Telephone numbers and hours of operation will remain the same for both facilities. For more information, call 252-3433.

Fit 4 Fuji

May 1-July 31

Prepare to climb Mt Fuji this summer...get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. For more information call 252-3500.



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Fleet Gym 252-3588

Hario Gym 252-8691

Two for Tuesday: Force, Young Guns earn victories

JOSN Jeff Johnstone
CFAS Public Affairs

The basketball action was as hot as the gymnasium that housed it Tuesday, Aug. 2 as the Force took on the Warriors in the first of two great contests at the Fleet Gym.

The Force took control of this one early, building a commanding first half lead. Heading into the half with a 28 - 13 lead, the Force looked destined for the win column.

The second half saw the Warriors' fortune change, however. The first five minutes of the half saw the Warriors and Force both tally eight points apiece. While the Force continued to lead 36 - 21, the game suddenly had a more competitive edge.

Improved shooting in the second half helped the Warriors cut a seemingly unsurmountable deficit to a mere seven points just after the 12 minute mark.

The Warriors would cut the Force lead down to five points with eight minutes remaining, but that was as close as they would get.

The Force would close out this one with a 48 - 41 victory.

The Force were led by Trakeavik Blue with 13 points, while the Warriors' Borishnikov Chambers led all players in scoring with an impressive 25 points.

The Young Guns and True Stories hit the court Tuesday, Aug. 2 at the Fleet Gym for what promised to be a tight game, right down to the final buzzer.

Defense was key in this low scoring affair, as both teams applied intense pressure and showed tremendous tenacity inside the paint and on the boards.

The first half proved to be a see - saw battle right out of the gate. After eight minutes of action, both teams were knotted up, 9 - 9. Four minutes later, it was still anyone's game, with the Stories on top, 19 - 18.

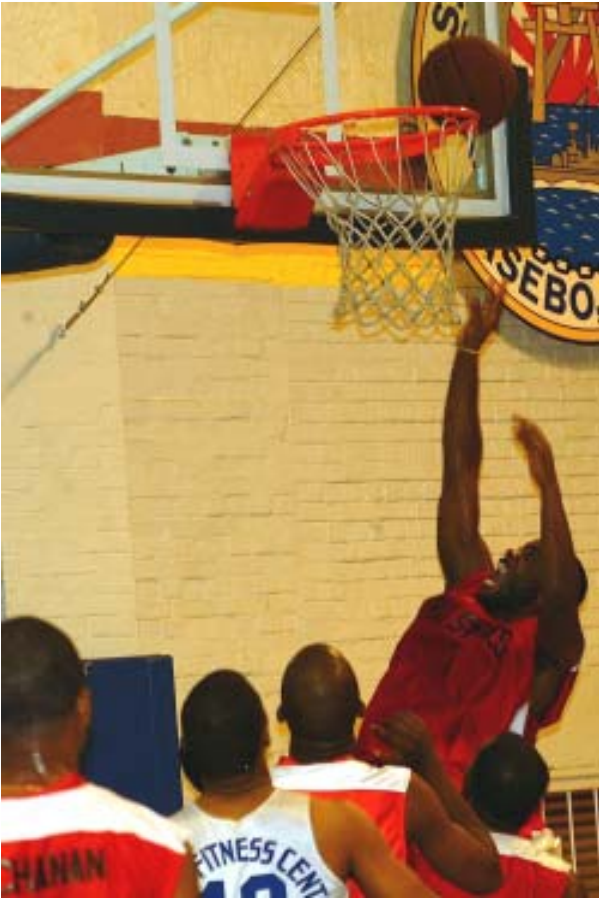
The Guns wouldn't stay down for long though, eventually pulling away from the Stories, going on a seven point run and taking the lead, 25 - 19.

The Guns remained on top, 35 - 29 at the 11 minute mark, when both defenses took command. Pressure was hard and heavy on both offenses. Turnovers, blocked shots and steals began making the Guns' six point lead look like the biggest three basket lead of the season. Finally, at the six minute mark, the cobwebs were brushed off the scorekeepers as both teams scored. The Guns would pull away in

the final minutes, pulling off a 49 - 39 victory. The ten point margin was misleading, as this game was competitive to the final buzzer. Most of the Guns' last minute scores came from the foul line.



The Forces' Trakeavik Blue (left) scans the court for an open teammate to pass to. The Force upended the Warriors, 48-41 Tuesday, Aug. 2 in a hard - fought contest. (U.S. Navy Photo by JOSN Jeff Johnstone)



Tru Stories and Young Guns players crowd the basket awaiting a rebound afters a shot attempt by a Stories player. The Stories and Guns put on a defensive clinic, with no team scoring during a five minute period in the second half. (U.S. Navy Photo by JOSN Jeff Johnstone)

Fitness Tip: The benefits of daily physical activity

Alec Culpepper
MWR Fitness and Aquatics Director

- Below are some of the benefits of living an active lifestyle.
- Reduces the risk of heart disease by improving blood circulation throughout the body.
 - Keeps weight under control.
 - Improves blood cholesterol levels.
 - Prevents and reduces high blood pressure.
 - Prevents bone loss.
 - Boosts energy level.
 - Helps manage stress.
 - Releases tension.
 - Improves the ability to fall asleep quickly and sleep well.
 - Improves self-image.
 - Counters anxiety and depression and increases enthusiasm and optimism.
 - Increases muscle strength, giving greater capacity for other physical activities.
 - Provides a way to share an activity with family and friends.
 - Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, high cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life.
 - In older people, it helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer.

Basketball Standings

Rank	Team	Won	Loss
1	Young Guns	4	0
2	Tru Stories	1	1
3	Showtime	2	0
4	Force	2	1
5	ACU-1	1	2
6	Warriors	1	4
7	Seabees 74	0	2
8	Fearless	0	1

Captain's Cup Standings

Essex	3-1
CFAS	2-1
ACU-5	1-3
Guardian	2-2
Fort Mac	0-0
Seabees 74	1-2

Spring Soccer Standings

Rank	Team	Won	Loss
1	Fire	10	0
2	Strikers	3	2
3	Fort Mac	2	2
4	Juneau	2	4
5	Iron Gators	1	4
6	Patriot	1	5

Upcoming Sports Events

What: Prediction 5k
When: Friday, Aug. 12 at 5:30 p.m.
Where: Nimitz Park

What: PRT 3K Seabee Challenge
When: Tuesday, Aug. 16 at 6 a.m.
Where: Nimitz Park
What: Guard Start (Jr. Lifeguard)
When: Aug. 15-19
Where: Main Base Pool & Hario Pool
Registration: Aug. 1-10
Fee: \$20
FMI: 252-3712/3588

What: Hirado Half - Marathon
When: Sunday, Sept. 18 at 10:30 a.m.
Where: Hirado
FMI: 252-3588

What: August Splash-n-Dash
When: Sunday, Aug. 21 at 8:30 a.m.
Where: Main Base Pool

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